

Elder Services of the Merrimack Valley

March 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Peach Glazed Chicken Scalloped Potatoes Broccoli and Cauliflower Whole Wheat Dinner Roll Diced Pears	2 Oriental Pork with Soy & Ginger Sauce White Rice Asian Blend Vegetables Whole Wheat Bread Seasonal Fresh Fruit	3 Beef Stew Peas and Corn Biscuit Sliced/Diced Peaches	4 Baked Trout with Sauce Brown Rice Carrots Whole Wheat Dinner Roll Strawberries
7 LS Hot Dog Beans Mixed Vegetables Whole Wheat Hot Dog Roll Strawberries	8 Meatloaf with Gravy Mashed Potatoes Mixed Vegetables Oatmeal Bread Mixed Fruit	9 BBQ Chicken Red Bliss Mashed Potatoes Green Beans and Corn Whole Wheat Dinner Roll Fruit Loaf	10 Shepherd's Pie Peas Whole Wheat Bread Seasonal Fresh Fruit	11 Eggplant Parmesan with Marinara Sauce Pasta Sautéed Spinach Dinner Roll Bread Pudding
14 Chicken Marsala Seasoned Roasted Potatoes Green Beans Dinner Roll Diced Pears	15 Slice Pork Roast with Gravy Mashed Sweet Potato Cabbage with Garlic & Onions & a hint of Red Cabbage Natural Grain Bread Applesauce	16 Potato Pollock Filet Rice Pilaf Broccoli and Cauliflower Natural Grain Bread Chocolate Chip Cookie	17 St. Patrick's Day Special Corned Beef with Maple Mustard Glaze Cabbage/Carrots/Onions Boiled Potatoes Whole Wheat Bread Crème De Mint Mousse	18 Broccoli & Cheese Frittata Potatoes O'Brien Carrots Oatmeal Bread Sliced/Diced Peaches
21 Lasagna With Meat Sauce Sautéed Spinach Whole Wheat Bread Fruit Loaf	22 Baked Fish with Sauce Brown Rice Zucchini and Tomato Whole Wheat Dinner Roll Yogurt	23 Roast Turkey with Gravy Mashed Potatoes/Stuffing Carrots and Turnip Natural Grain Bread Mixed Fruit	24 Sweet and Sour Chicken Breast with Pineapple Brown Rice Pilaf Broccoli Whole Wheat Dinner Roll Cookie	25 Macaroni & Cheese with crumb Topping on the side Green Beans Whole Wheat Bread Sliced/Diced Peaches
28 Salmon with Dill Sauce Vegetable Brown Rice Brussel Sprouts Honey Wheat Dinner Roll Lemon Pudding	29 Penne Pasta with Meatballs & Sauce Buttered Peas with Carrots Natural Grain Bread Diced Pears	30 Chicken with Lemon Sauce Brown Rice Green Beans Whole Wheat Dinner Roll Mixed Fruit	31 American Chop Suey w/Parmesan Cheese Peas Carrots Natural Grain Bread Assorted Cookies	